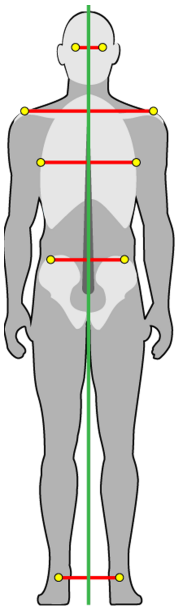
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PostureScreen Mobile™
Accurate Postural Assessment

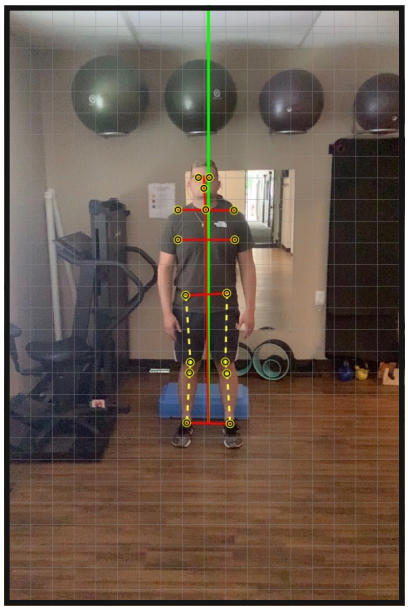
Exam for Devin Cox performed on 7/29/21

Good posture is simple and eloquent by design in form and function. The body is designed to have the head, rib cage, and pelvis perfectly balanced upon one another in both the front and side views. If the posture is deviated from normal, then the spine is also deviated from the normal healthy position. Unfortunately, abnormal posture has been associated with the development and progression of many spinal conditions and injuries including: increased muscle activity and disc injury, scoliosis, work lifting injuries, sports injuries, back pain, neck pain, headaches, carpal tunnel symptoms, shoulder and ankle injuries as well as many other conditions. Additionally, postural abnormalities in adolescent years have been recognized as one of the sources of pain syndromes and early arthritis in adulthood. Therefore, posture should be checked and corrected in children before more serious problems can occur.

Normal



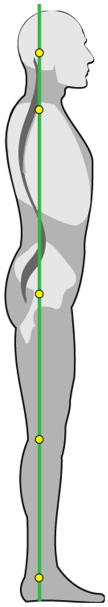
Your Posture Viewed from the Front



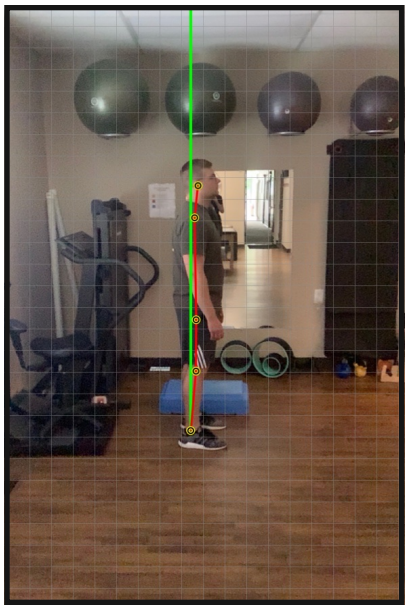
Head is shifted 0.19" right. Head is not tilted.
Shoulders are not shifted significantly left or right. Shoulders are not tilted.
Ribcage is not shifted significantly left or right.
Hips are shifted 0.23" right. Hips are tilted 3.1° right.

Posture Index® Values: Front View	
Total Shifts	0.49"
Total Tilts	3.1°

Normal



Your Posture Viewed from the Side



Your head weighs approximately 11.3 lb. It is shifted 0.38" forward, 6.0° off vertical.
Based on physics, your head now effectively weighs 15.7 lb instead of 11.3 lb.
Shoulders are shifted 0.19" backward, 1.0° off vertical.
Hips are not shifted significantly.
Knees are shifted 0.57" forward, 4.9° off vertical.

Posture Index® Values: Side View	
Total Shifts	1.19"
Total Tilts	10.9°

Effective Head Weight
15.7 lb

Your PostureScreen evaluation demonstrates that you have postural abnormalities. In the future, structural deviations could cause you symptoms of pain as well as a myriad of other health problems. Consequently, it is advised that you complete a thorough clinical evaluation with a health care and/or fitness professional trained in postural corrective techniques.

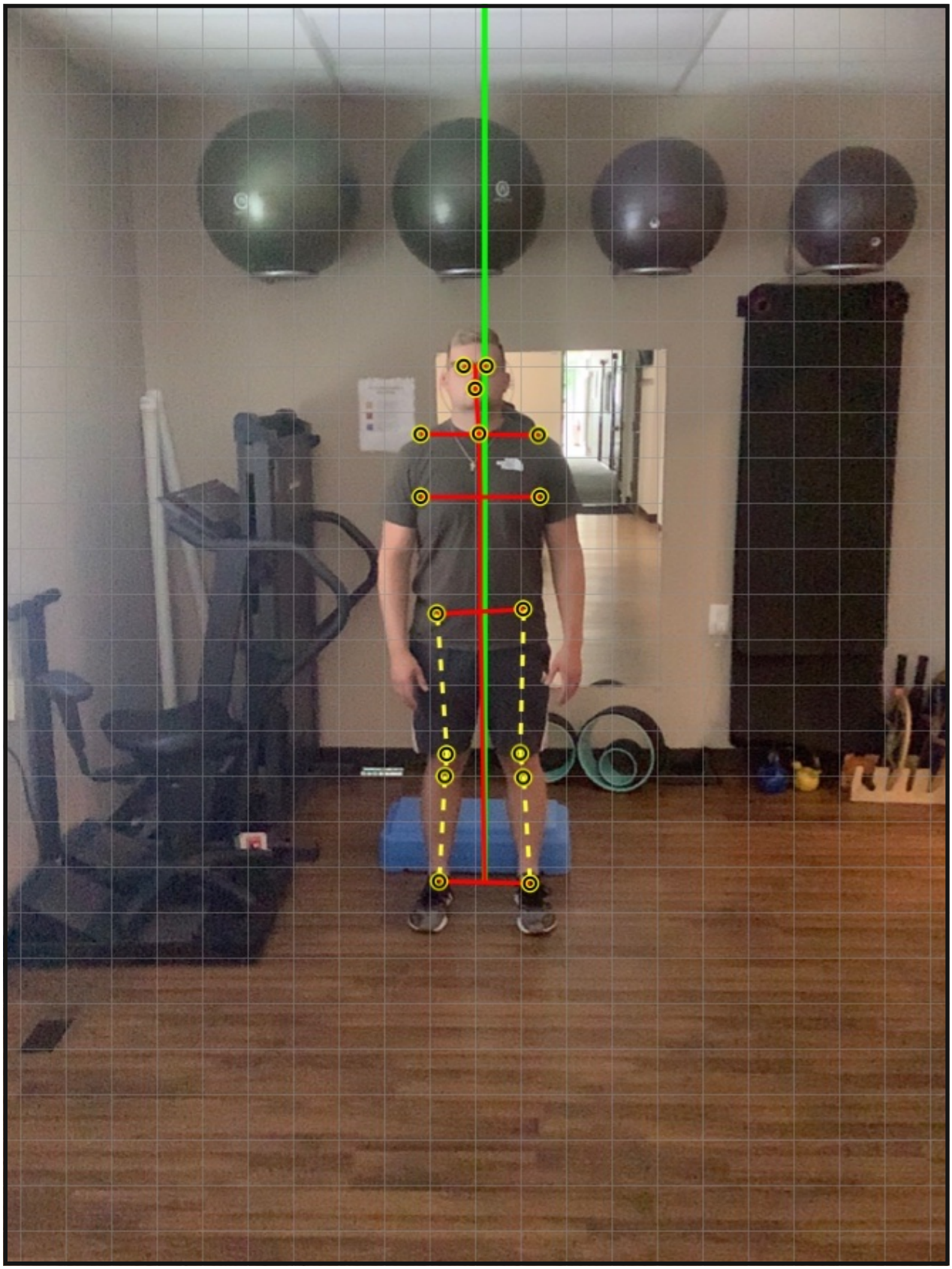
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Anterior View



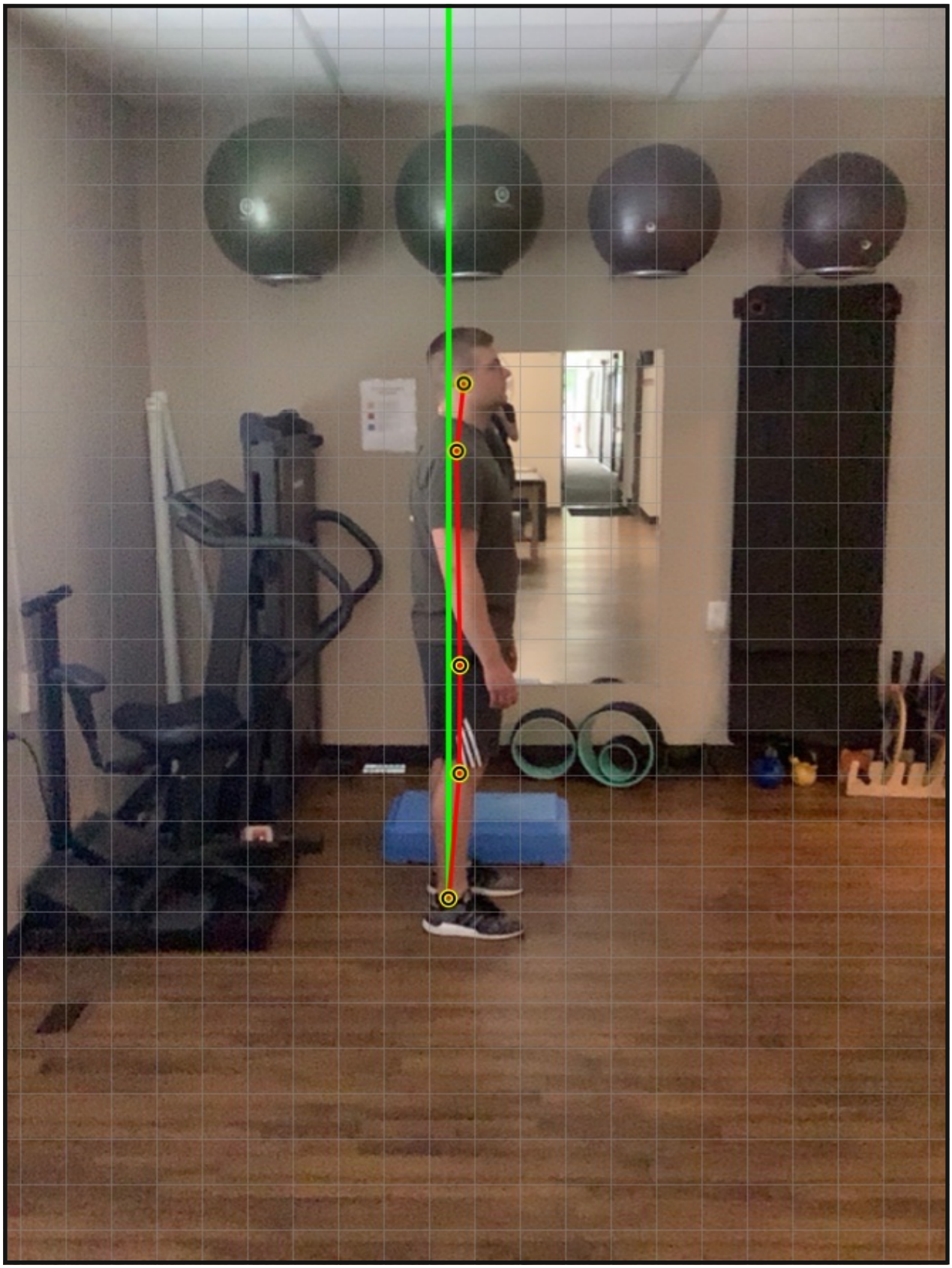
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Lateral View

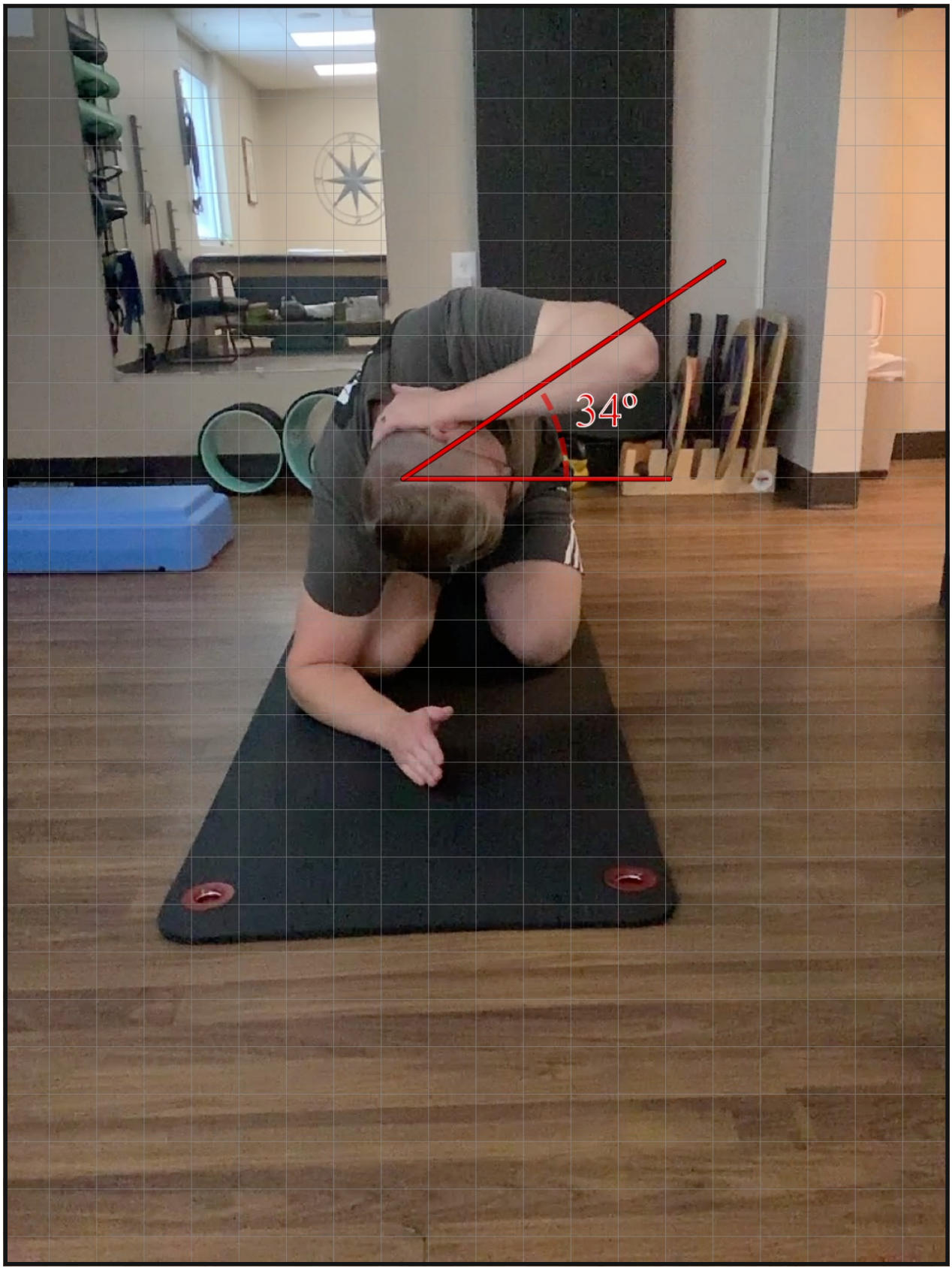


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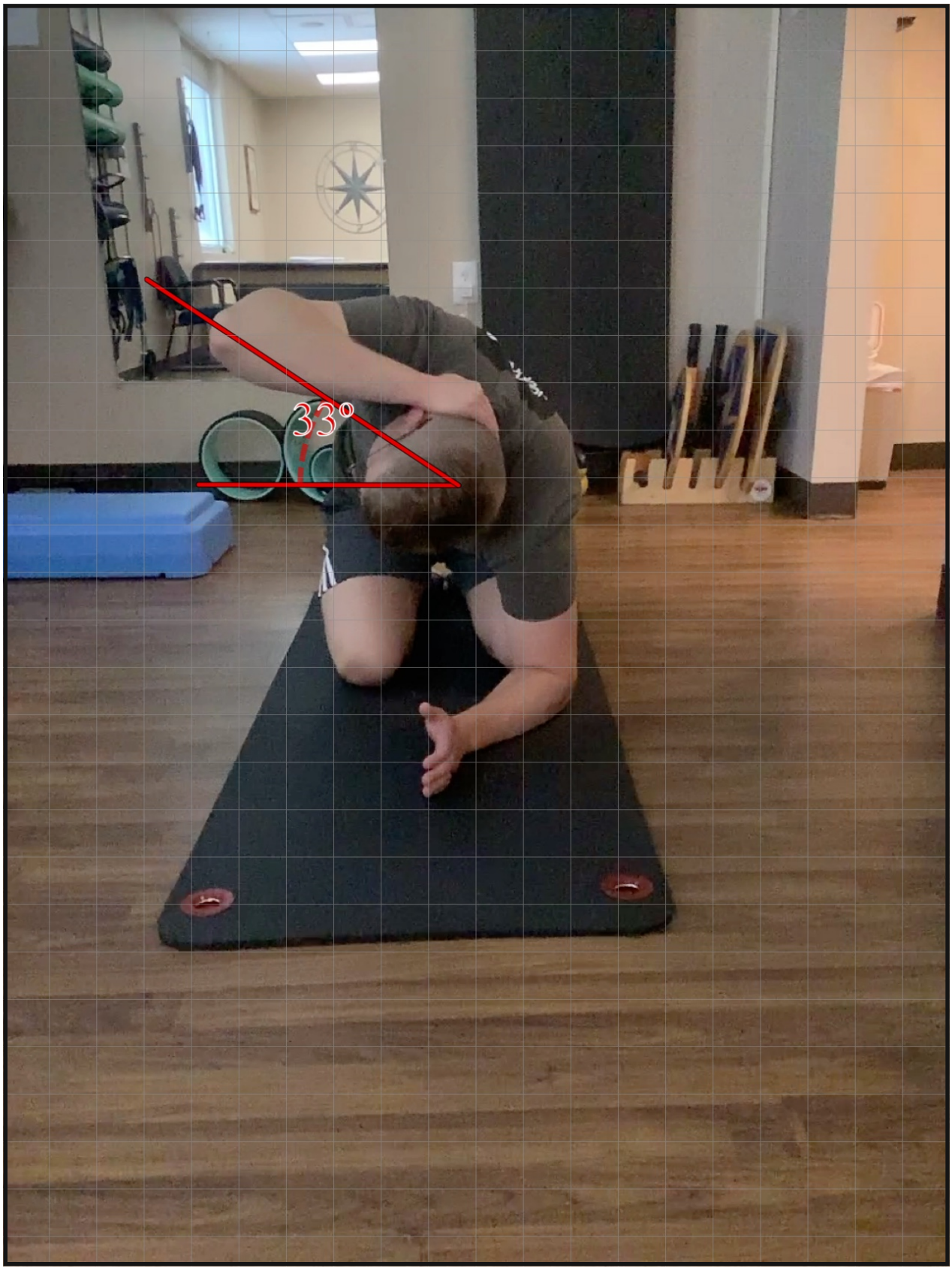


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